

**Attend an upcoming UNIVERSITY EXPRESS CLASS at the Amherst Senior Center — FREE Lifelong Learning for Adults Age 55+**

Make reservations at the I & A Desk, 636-3055 ext. 3108

- Monday, July 18, 10:00 a.m.– 10 Warning Signs of Alzheimer's Early Detection Matters – Chanell MacClain
- Wednesday, July 20 , 10:00 a.m. Photography: An Invitation to See & Journey Anew- Sharon Cramer
- Friday, July 22, 10:00 a.m. Buffalo Niagara: Diagnosis & Prescription for Change - Larry Brooks
- Monday July 25, 10:00 The War of Currents -Jack Foran
- Wednesday, July 27, 12:45 p.m. It's a Civil Rights Issue-Diane Riordan
- Monday, August 1, 12:45 p.m. GI Bill of Rights & Post World War II America– Bruce Caley
- Tuesday, August 2, 10:00 The Psychic Highway: How the Erie Canal Changed America– Michael Keene
- Thursday, August 4, 12:45 p.m. Understanding the New Dietary Guidelines-Jennifer Johnson
- Monday, August 8, 10:00 a.m. Finding Whole Grains– Wegman's Nutritionist
- Wednesday, August 10, 10:00 a.m. Statins– Wegman's Pharmacist

Call 636-3055, ext. 3108 to make reservations for these FREE classes. Sponsored by: Erie County Department of Senior Services RSVP ([www.erie.gov/RSVP](http://www.erie.gov/RSVP))